



Iowa Child and Adult Care Food Program At Risk After School Snack Program Sample Cycle Menu

Listed below are some snack menus. A reimbursable snack must include the minimum quantities of two of the four food components.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	Frosted donut 2.2 oz Milk 1cup	Celery sticks 3/4 cup w/ PB 2T. & Raisins	Peaches 3/4 cup Cottage cheese 1/4 cup	Sliced turkey 1oz Wheatables 1oz	Bran muffin 2 oz Milk 1cup	Pineapple juice 3/4 cup Mini bagel 1oz
Tuesday	Apple-cinnamon grahams 1oz Grapes 3/4 cup	Frosted toaster pastry 2.2 oz Milk 1cup	Cauliflower 3/4 cup & dip. Cheese cubes 1 oz	Kiwi 3/4 cup Triscuits 1oz	Carrot, celery sticks 3/4 cup Wheat crackers 1oz	Mini Wheats 3/4 cup Milk 1cup
Wednesday	Fruit cocktail 3/4 cup Animal crackers 1oz	Yogurt 4 oz Granola cereal 3/4 cup	Unfrosted brownie 4 oz Milk 1cup	Carrot sticks 3/4 cup Graham crackers 1oz	Pineapple tidbits 3/4cup Cottage cheese 1/4 cup	Orange juice 3/4 cup Blueberry muffin 2 oz
Thursday	Apple slices 3/4 cup String cheese 1oz	Grape juice 3/4 cup Hard pretzels 1oz	Tortilla 1 oz w/ PB Milk 1 cup	Nutrigrain bar 2.5 oz Milk 1 cup	Berry Juicy Juice 3/4 cup Oyster crackers 1 oz	Broccoli 3/4 cup w/ dip Wheat Thins 1 oz
Friday	Raw vegetables 3/4 cup & dip Ritz crackers 1 oz	Sliced ham 1oz Apple juice 3/4 cup	Cheerios 3/4 cup Milk 1 cup	Orange segments 3/4 cup Goldfish crackers 1 oz	Yogurt 4oz Graham crackers 1 oz	Frosted cinnamon roll 2.5 oz Milk 1 cup

